

Walk for Fun ...



WalkBike Frankfort is dedicated to making the capital of Kentucky the best city in the Commonwealth for pedestrians and cyclists. We envision a network of safe, attractive, and interconnected sidewalks, paths, and bike lanes connecting Frankfort's neighborhoods to parks, schools, shopping, and outlying areas.

Visit our website at: <http://walkbikefrankfort.googlepages.com>

Frankfort Department of Parks, Recreation and Historic Sites

<http://frankfort-ky.gov/parks-and-recreation.html>

Frankfort/Franklin County Tourist Commission

www.VisitFrankfort.com

1-800-960-7200

Downtown Frankfort, Inc.

www.downtownfrankfort.com

Farmers Market

franklincountyfarmersmarket@gmail.com

Wellness Works Kentucky

Kentucky Personnel Cabinet
www.personnel.ky.gov/dei/wellness

Get Healthy Kentucky

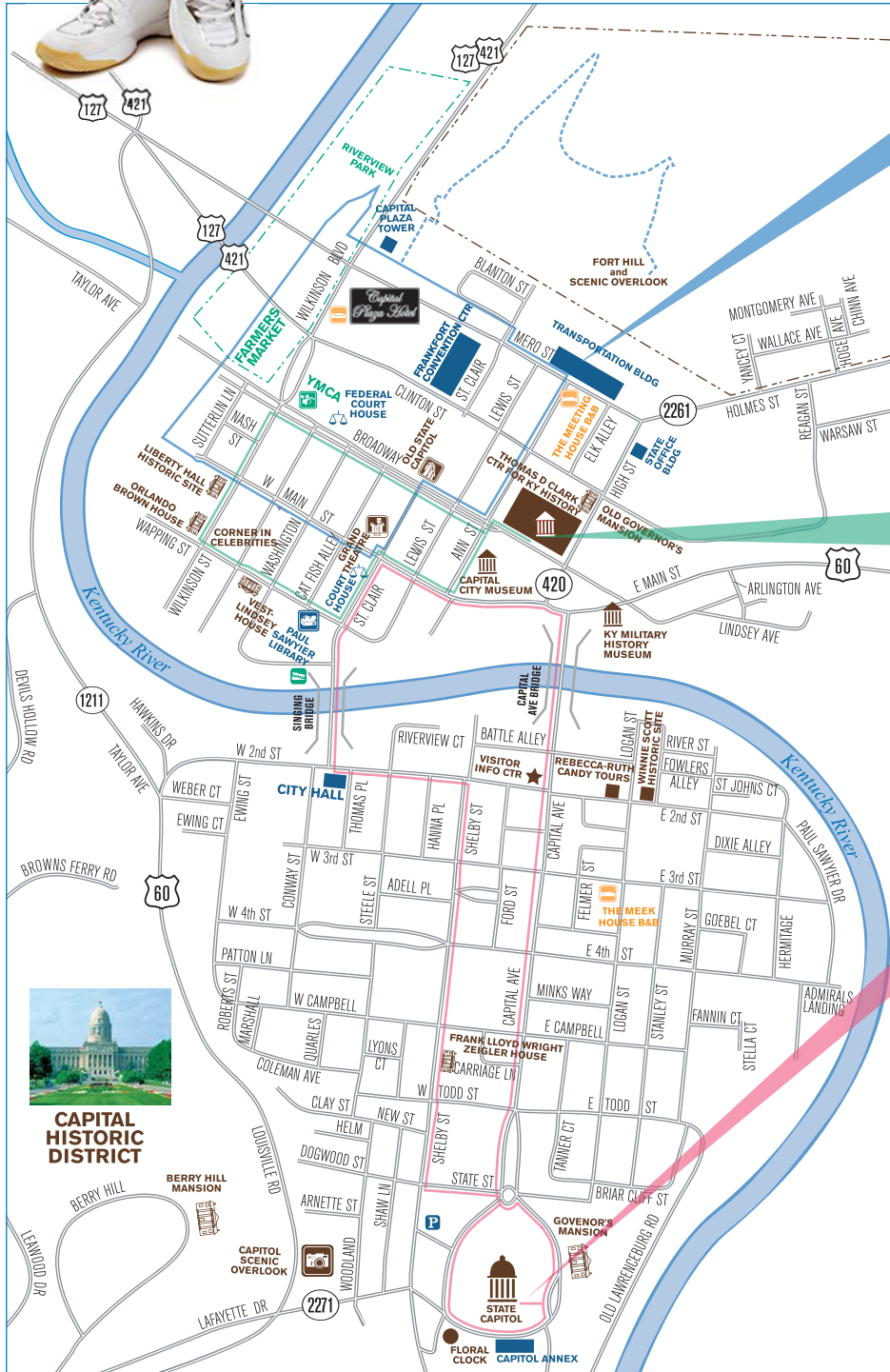
Kentucky Department for Public Health
www.gethealthy.ky.gov



Walk for Life

3 Color Coded Wellness Walks
Throughout Historic Frankfort, Kentucky

Walk for Fun ... Walk for Life



Sites Along the Wellness Walks

Blue Wellness Walk (1.4 mile)

- KY Department of Transportation
- KHS* (Museum Garden)
- Downtown Shops and Restaurants
- KHS* (Old State Capitol)
- Grand Theatre
- Wellness Walk Kiosk
- Liberty Hall Historic Site
- Riverview Park Walk
- Farmer's Market
- Optional Spur (1.6 extra mile/round trip)
(Fort Hill and Scenic Overlook)
- Capital Plaza Complex



Green Wellness Walk (1.0 mile)

- KHS*
(Thomas D. Clark Center for KY History)
- Capital City Museum
- Wellness Walk Kiosk
- Franklin County Court House
- Paul Sawyer Library
- Corner in Celebrities
- Orlando Brown House
- Liberty Hall Historic Site
- YMCA
- KHS* (Old State Capitol)
- Downtown Shops and Restaurants



Pink Wellness Walk (2.4 miles)

- State Capitol
- Governor's Mansion
- Gooch House (Visitor's Center)
- Capital Bridge
- Wellness Walk Kiosk
- Franklin County Court House
- Singing Bridge
- Frankfort City Hall
- Frank Lloyd Wright
(Ziegler House)
- Floral Clock



* KHS - Kentucky Historical Society



CAPITAL HISTORIC DISTRICT